

SBP Meal Pattern - 5 Day

School Breakfast Program

Serve Only

- Minimum 3 items served daily
- Must prepare each of 3 required items in required amounts:
 - **Milk, Fruit/Vegetable/Juice, Grain**
- Students must have all items on tray at POS

Offer vs. Serve (OVS)

- Minimum 4 items offered daily
- Must prepare each of 3 required items in required amounts:
 - **Milk, Fruit/Vegetable/Juice, Grain, and 1 additional item** (may be meat/meat alternate, grain, or fruit/vegetable/juice)
- At POS: Must take at least 3 items, 1 item must be ½ cup Fruit/Vegetable/100% Juice.

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Milk -Must offer two varieties (1% or fat-free, unflavored or flavor). -Unflavored milk <i>must</i> be offered.	1 cup daily 5 cups/week	1 cup daily 5 cups/week	1 cup daily 5 cups/week
Fruits / Vegetable / Juice -Juice must be 100% full-strength. -No more than half weekly offering may be juice.	1 cup daily 5 cups/week	1 cup daily 5 cups/week	1 cup daily 5 cups/week
Grains / Breads -Daily & weekly minimums must be met -Flexibility to provide enriched grains so long as 50% of grains offered weekly are whole-grain rich.	1 oz daily minimum ≥ 7 oz equivalent/week	1 oz daily minimum ≥ 8 oz equivalent/week	1 oz daily minimum ≥ 9 oz equivalent/week
(Meat or Meat Alternates)	None required but may substitute 1 oz eq of meat /meat alternate for 1 oz eq of grains after minimum daily grain is met.		
Minimum – Maximum Calories (kcal) Weekly average	350 – 500	400 – 550	450 - 600
Saturated Fat (% of total calories) Weekly average	<10%	<10%	<10%
Sodium** Weekly average	≤ 540 mg*	≤ 600 mg*	≤ 640 mg*
Trans Fat	0 grams/serving	0 grams/serving	0 grams/serving

This institution is an equal opportunity provider.